



Dear Fellow Employees:

The WOW Team reminds you to visit our **Working On Wellness** Web site at http://www.michigan.gov/mdcs/0,1607,7-147-22854_24290---,00.html. You will be able to access information and links for fitness, nutrition, men's and women's health, fitness club discounts, wellness events, and success stories from state worksite wellness events and individual employees.

Remember that November is American Diabetes Month and the Great American Smoke-out Month. Read more about these activities on the WOW Web site.

We invite you to link to the updated WELCOA (WELLNESS COUNCILS OF AMERICA) online bulletins below for additional wellness information.

BETTER SAFE

http://infopoint.welcoa.org/bulletins/pdf/bs_v9_no1.pdf

DAY IN & DAY OUT

http://infopoint.welcoa.org/bulletins/pdf/dido_v9_no1.pdf

TO YOUR HEALTH

http://infopoint.welcoa.org/bulletins/pdf/tyh_v9_no1.pdf

Have a great Fall Season working on wellness.

Thank You,
The WOW Team
Employee Health & Wellness